

The RAW Starter Guide

Three simple shifts. No shakes, no gym membership, no starting Monday. Just a straight, honest way to start moving in the right direction today.

I lost 48kg. Not with a fad, not with a quick fix, and not overnight. But more importantly, I've kept it off for almost a decade. In my experience, losing it isn't the challenge, it's not going back to old habits. That's what RAW is built on. Here's the short version, so you can start today.

One thing worth being clear on before we start: this is about fat loss, not just weight loss. Losing fat while maintaining lean muscle is critical, both for how you look and how your body actually functions long term. The scale doesn't tell you that difference. RAW is built with that in mind.



R Real Food

Shop the outer aisles. Supermarket, green grocer, butcher, that's it. Whole food, not processed food. On top of that, I have my clients supplement with a quality whole food supplement to close the nutritional gap that most people don't realise they have, even when they think they're eating well. It's not a replacement for real food. It's what fills in the space real food can't always cover.

Start here: this week, do one shop where everything comes from the green grocer, the butcher, or the outer aisles of the supermarket. Nothing from a packet.



A Accountability

You're not doing this alone. You get a community that's there to hold your hand through it, support you, and encourage you, plus daily check-ins so you're never just guessing how you're tracking. A working template and a food diary every day keeps things simple and honest. On top of that, we set up daily routines together that put the odds firmly in your favour, so good choices become the easy default, not something you have to fight for every day.

Start here: write down everything you eat today. Just today. That's the whole habit to begin building.



W Walking

One of the most effective things you can do for weight loss, full stop. Walking keeps you in the perfect fat-burning heart rate zone without the wear and tear of high intensity training. You can do it anywhere, anytime, on your own or with a mate. No expensive gym membership, no equipment, no PT sessions. Just you, your shoes, and a bit of consistency.

Start here: pick one 20 minute walk this week that you'll actually do. Same time, same day. Make it boringly easy to keep.

Jayne lost 20.3kg. Emma lost 15.6kg. Mark lost 30kg.

Real people, using exactly this approach. No shortcuts, no gimmicks.

Want help putting this into practice?

If you're ready for some real support instead of doing this on your own, I'd love to have a chat.

Book your free 20-minute call: calendar.app.google/Pi9rYcWRzoakaT8X7